



Introduction to Dosha Coaching With Deirdre Breen

Slow Medicine Wellness
March 25th
3:00 - 5:00 PM

Dosha coaching is an approach to health that combines the modern neuroscience of behavior change with the ancient twin sciences of Ayurveda and Yoga.



We invite you to come and learn about your Dosha, and its constitutional and lifestyle expressions. This fun engaging discovery will deliver essential knowledge and invoke new behaviors that will enhance your understanding and willingness to truly and effectively take elemental care of your body, mind and spirit.



Deirdre Breen, NBC-HWC
Board Certified Health and Wellness Coach
Duke Certified Integrative Health Coach
Master Yoga Teacher - ISHTA Lineage
Interfaith Minister, Reiki Master Teacher

Open to all without charge.
Supported by contributions to
the Slow Medicine Foundation.

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For more information, email Brittney@slowmedicine.org or call us at (914)218-3113.